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278 824 too. Put it in their bodies and mix it up so they can stick it on these rocks like you can see. That's why this medicine works best with cedar.

237 755 757 Rock medicine is only used in conjunction with cedar: Both are deposited on live coals to produce medicine smoke. The *təpinatsu* sputters when placed on the coals and produces a thick white smoke which is not unlike cedar smoke in [754] odor, though more pungent. This medicine's major use is in the treatment of ghost sickness and the results of witchcraft.

Sanapia picks the tiny pebbles and grains of sand from the *təpinatsu* and forms the then-translucent amber-colored gum into a ball about an inch in diameter. She rolls the ball between her palms and the heat and friction polish it to a glassy brown-gold color. It is in this form that it is utilized as medicine.

There is a medicine similar in kind to *təpinatsu* which Sanapia reports is found in the vicinity of Wichita Falls, Texas. The Comanche word for it, according to Sanapia, means "rats make it." It is described as being of the same composition as *təpinatsu*; however, instead of being produced by "little bugs," it is believed to be produced by pack rats. The gummy substance is melted in hot water, and persons suffering from paralysis, other than the kind caused by ghosts, are bathed in this concoction. This medicine, unmelted, is also applied directly to the area of paralysis. Sanapia remembers that her mother used this medicine; however, it was not transferred to Sanapia when she became a doctor.

278 824 755 757 [844] [303] Another medicine plant of which Sanapia has knowledge, but which was not transmitted by her mother to her, is one which, when mixed *bekwinatsu*, was administered as a sedative to women in protracted labor. The seeds of this plant were utilized as medicine when boiled into a medicinal decoction. Sanapia also states that the seeds of this plant augment the attractive aroma of Indian perfume (*Monarda fistulosa*) when the two are mixed and moistened.

I can just sit here and look at them bald prairies and see four kinds of medicines growing. I bet you can't even see them? Not many . . . even of my people, up to today, can even see them growing early in the spring. I can because I've learned that way. There's lots of plants that can get you well, but they ain't many people who even know that anymore.